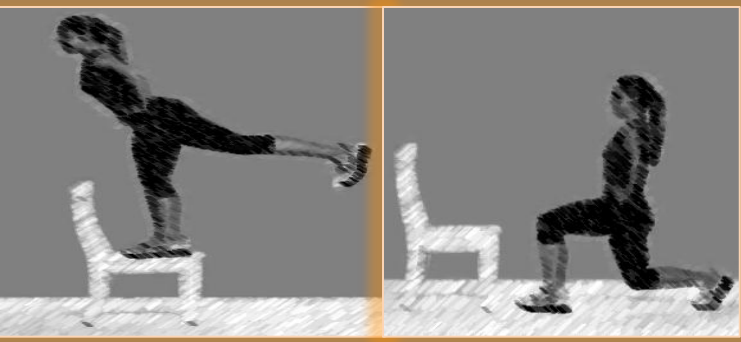


# Grab A Chair to Tone Your Tush

# KIM

Keep It Moving Fitness



X 20  
on each leg



X 25



X 20  
on each leg



X 20  
on each leg

After you've done all 4 chair moves Tie your laces and go on a

## 20 Minute

Interval Run (slow for 2 minutes then speed up for 1 minute). When you get back do all 4 moves again.